

The Dark Side of Life Success: How to Achieve Results and Preserve Mental Health

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Abstract.

Introduction. Current life requires us to be productive, effective and to create a picture of well-being for our environment. Mass media is full of pictures of wealth, success, expensive goods and other attributes of an iconic lifestyle. Modern people are trying to apply those beautiful illustrations to everyday life and to achieve life success in the form created by somebody else. Unfortunately, most of them are not able to reach the desired heights. As a result, person faces with disappointment, a decrease of self-esteem, frustration et cetera. Outcomes mentioned above are only the top of the iceberg. The worst in all this situation is that life success pursuit can lead to the mental health problems.

Purpose. The purpose of this theoretical research is to define the place of mental health in the structure of life success, to identify the types of possible mental health problems which occur because of failed attempt to achieve life success, to identify possible ways of prevention of mental health problems and person's support in the process of life success achieving.

Design/Methodology/Approach. The literature study and analysis were done to find out the answers to the main questions of the paper and to reach the main goals of this theoretical research.

Results. A theoretical review of mental health made us understand that it is considered as an integral part of health. All the notions of health, both physical and mental, are not limited just to the absence of disease. For instance, physical health is associated with good feeling, energy, sprightliness, efficiency. As for the mental health, we can find many marks of the notion that can help us to understand it better. The most common characteristics of mental health: an ability to accept self and positive attitude towards self; personal autonomy; self-actualization, development, self-realization; ability to cooperate with others, empathy, humanity; ability to fulfill life tasks, self-regulation and, et cetera.

The place of mental health in the structure of life success cannot be underestimated. If we consider that “there is no health without mental health” and health is one of the main components, without it the whole concept of life success is damaged. In such case, we can conclude that the mental health is one of the essential conditions for successful life.

Some accentuation of personality traits and even mental disorders could provoke success achieving, but we cannot consider such results as a life success, because the lives of such persons are imbalanced. Excellent results in some spheres could be a compensation for the results absence in others. When we are talking about life success, we keep in mind more or less balance in all the important spheres of life.

Striving for life success or iconic lifestyle without reaching the desired heights can lead to the variety of adverse outcomes. Among “light version” of such sequences are disappointments, a decrease of self-esteem, frustration, doubts, self-distrust, stress, et cetera. “Heavy artillery” is presented by depression, drug and

alcohol addiction, neurotic disorders, somatic disorders, anxiety disorder, psychosis and, et cetera.

One of the essential issues for psychologists, coaches, social workers and other specialists of a supportive sphere is the question of prevention of mental health problems among people who would like to achieve life success. To our point of view, such work should be started from a specification of what is life success for the concrete person. Next step should be dedicated to the setting of the goals which are specific, measurable, achievable, relevant and time-bound. Focused attention should be put to the checking of the goals verity. Creating of the supportive environment should be considered as an apart task. Also, the strategy and tactic of success achieving should be taken into consideration and worked out during the sessions.

Limitations and strengths of the study. This theoretical study can be used in the hypothesis setting and as a background for further empirical research. The observation of the other “nonattractive” side of life success is made from different angles, but at the same time, the whole paper could be divided into parts each of which could be deepened.

Practical/Social value. The practical value of this theoretical research is in highlighting of the problems which can occur in the process of life success achievement and in some practical advice which can be used for the prevention of mental health problems.

Originality/Conclusions. Striving for life success is considered a positive process in modern society. Moreover, successful life is popularized in mass media as something desirable, good and attractive. Therefore, for ordinary people, the picture of successful life is full of bright colors, positive emotions, and achievements. Attempts to reach an imposed lifestyle usually finish with failures. Further ineffective attempts deepen the negative effects of failures and may lead to mental health problems. For this reason, it is crucial to highlight the dark sides of success achievement and to provide specialist of the supportive sphere with sets of instruments which will help their clients to realize what is life success for them personally and to prevent possible mental health problems.

Keywords: life success, structure of life success, health, mental health, mental health disorders.

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